



Aggregate Summary of 2011 JourneyWell Health Assessment

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AWC Meeting
February 28, 2012

Agenda

- Health assessment participation
- Program participation
- Modifiable health risk and quality of life factors
- Readiness to change
- Custom questions and well-being module
- Discussion

Key findings

- Steady participation in health assessment during Open Enrollment
- Phone coaching participation is steadily increasing, dramatic growth in back care, stress and weight management

Who's taken the health assessment (HA)?

	2008	2009	2010	2011
Completion rate	68%	68%	70%	69%
Eligible individuals	49,745	50,098	49,850	48,600
Completers	33,751	34,182	35,080	33,648

Program Participation

	Program	2009*	2010**	2011***
Online Programs	10,000 Steps	1,954	2,017	1,057
	Stress eProgram	468	375	260
	Weight eProgram	1,207	995	593
Phone Coaching Programs	Back to Health	23	39	121
	Balancing Stress for Healthy Living	50	105	184
	Get Moving, Get Fit	81	202	239
	Healthy Choices, Healthy Baby	--	0	0
	Healthy Eating, Healthy Life	93	240	293
	Healthy Lifestyles, Healthy Weight	478	987	1,259
	Partners in Quitting	49	129	92
	Solutions for High Blood Pressure	34	62	78
	Solutions for High Cholesterol	90	156	144
Total Enrollment		4,528	5,307	4,320

-- less than 4 participants

* 11/4/2009-10/31/2010

** 11/1/2010-10/31/2011

*** 11/2-2011-12/31/2011

Top Modifiable Health Risk Factors

Health Risk Factors	2010	2011	Change Over Time
Low fruits & vegetables	62.5%	59.9%	-2.6%
Poor nutrition quality	47.0%	47.2%	0.2%
Low physical activity (Healthy People 2010)	27.9%	27.4%	-0.5%
Overweight	37.9%	37.7%	-0.2%
Obese	28.8%	29.2%	0.4%
Secondhand smoke	17.5%	17.0%	-0.5%
Tobacco use	9.6%	9.0%	-0.6%
Unhealthy stress	6.2%	6.2%	0.0%
High-risk alcohol use	1.6%	1.5%	-0.1%

Change in modifiable health risk factors among repeat state of MN participants (n=29,463) from 2010 to 2011

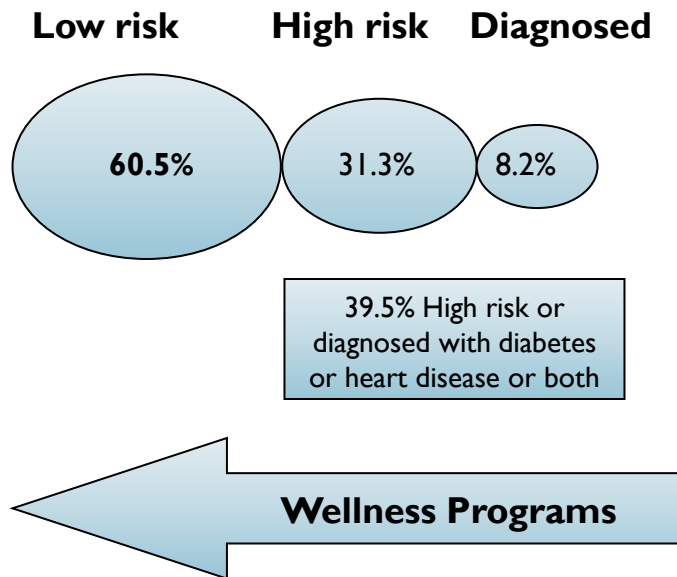
Negative change over time represents improved health



Diabetes & Heart Disease

High Risk, Pre-Diagnosis

Risk status among all state of MN participants (n=33,731) in 2011



- There is a natural tendency over time to move from low risk to high risk to disease
- Book of Business, 2010
 - Low risk: 62.1%
 - High risk: 30.6%
 - Diagnosed: 7.4%
 - High risk or diagnosed: 37.9%

Participants are identified only once—in their highest risk/disease status—across the diabetes & heart disease risk spectrum. For example, a participant at low risk for diabetes and high risk for heart disease is reported in the high risk status.

Readiness to Change

Readiness to change (RTC) among state of MN participants (n = 33,731) in 2011

Health Risk Factors	RTC among Participants with Risk Factor*	RTC among All Participants (n = 33,731)
Poor nutrition quality	57.7% (n = 29,469)	50.4%
Low physical activity	69.4% (n = 6,085)	12.5%
Overweight or obese	65.8% (n = 22,432)	43.8%
Tobacco use	50.8% (n = 3,224)	4.9%
Stress	76.7% (n = 2,175)	4.9%
Back pain	50.4% (n = 13,515)	20.2%
Alcohol use	46.1% (n = 557)	0.8%

**Number of participants who indicated each health risk factor are shown in parenthesis.*

Quality of Life Factors

Change in quality of life factors among repeat state of MN participants (n=29,463) from 2010 to 2011

Quality of Life Factors	2010	2011	Change Over Time
Emotional health concerns*	41.4%	44.2%	2.8%
Back pain	39.2%	39.9%	0.7%
Poor self-perceived general health	4.0%	4.3%	0.3%

**Here emotional health concerns is a combined measure that includes the impact of emotional health concerns—such as feeling depressed or anxious—on daily life, current depression, and past depression. Emotional health concerns is different than stress. Stress is a modifiable health risk; it is a combined measure that includes current life stress and effectiveness in dealing with that stress.*

Custom Question: Sitting Behavior

Outcome among all state of MN participants (n=33,731) in 2011

In a usual day, what is the longest period of time that you sit at work without getting up to move (uninterrupted hours per day)?

Measure	Average 2010	Average 2011
Longest period of time sitting at work uninterrupted; hours per day	1.7 hours	1.7 hours

Additional Custom Questions

- **Satisfaction with current job**
 - 79% responded *very satisfied* to *satisfied*
- **Job safety**
 - 97% responded *always* to *usually* on how often have knowledge, tools and resources to perform work safely
- **EAP**
 - 45% responded *very likely* or *likely* to call when have a work or life concern

Health and Well Being Module 2011

Question	Response
In general, how satisfied are you with your life?	Ave. response – 8.0
In general, how happy are you?	Ave. response – 8.0
In general, how happy are your close friends and relatives?	Ave. response – 7.8
When you need advice or support, is there someone you can turn to?	Yes – 96.1% No – 2.0% I don't know – 1.9%
How well are you able to manage your finances so that you feel in control of your financial situation?	Ave. response - 8.1
Do you participate in a financial savings plan that automatically puts money from your paycheck into a savings account?	Yes – 87.8% No – 11.5% I don't know – 0.7%
How often do you donate money to a good cause?	Often – 37.4% Sometimes – 49.4% Rarely – 11.3% Never – 1.8%
In general, how enjoyable and fulfilling is your main job or daily work?	Ave. response - 7.3
How safe do you feel in your neighborhood?	Ave. response - 8.9
How many hours each year do you volunteer for activities in your community?	I volunteer – 63.4% (75.3 hours) I do not volunteer – 36.6%



Discussion